

# Hurts

拍数: 64      墙数: 2      级数: High Intermediate  
编舞者: Maggie Gallagher (UK) - October 2016  
音乐: Hurts - Emeli Sandé : (Album: Long Live the Angels - Deluxe - iTunes)



Intro: 32 counts (18 secs)

## S1: FWD TOUCH BACK & BACK, BACK, ½ L, STEP, ½ PIVOT

1&2            On slight right diagonal step forward on right, Touch left next to right, Step back on left [1:30]  
&3-4           Step back on ball of right, Step back on left, Walk back on right  
5-6-7           ½ left stepping forward on left, Step forward on right, ½ pivot left

## S2: SIDE TOGETHER FWD, SIDE, BEHIND SIDE CROSS, PRESS, HITCH, BEHIND SIDE CROSS

8&1            ½ left stepping right to right side, Step left next to right, Step forward right [12:00]  
2                Long step to left side dragging right to meet left  
3&4            Cross right behind left, Step left to left side, Cross right over left  
5-6            Press forward on left to slight diagonal, Recover on right hitching left  
7&8            Cross left behind right, Step right to right side, Cross left over right

## S3: SIDE TOUCH BUMP, BUMP, ¼ L, STEP, ½ PIVOT, STEP

1&2            Step right to right side, Touch left next to right, Step left to left side bumping hips left  
3-4            Bump hips right turning body to right, ¼ left stepping forward on left [9:00]  
5-6-7           Step forward on right, ½ pivot left, Step forward on right [3:00]

## S4: TRIPLE FULL TURN, KICK BALL CHANGE, ¼ BUMP RLR, ¼, ¼, TOUCH

8&1            Full triple turn right stepping LRL  
2&3            Kick forward on right, Step right next to left, Step left next to right  
4&5            ¼ left stepping right to right side bumping hips to right, Bump hips left, Bump hips right  
                 [12:00]  
6-7- 8        ¼ left stepping forward on left, ¼ left stepping right to right side, Touch left next to right [6:00]  
                 \* Restart Wall 3

## S5: & HEEL & CROSS SIDE HEEL & CROSS, BACK, ¼ R,,STEP LOCK STEP

&1&2           Step back on left, Tap right heel forward on right diagonal, Step right next to left, Cross left over right  
&3&4           Step right to right side, Tap left heel forward on left diagonal, Step left next to right, Cross right over left  
5-6            Step back on left pushing bottom back, ¼ right stepping right to right side [9:00]  
7&8            Step forward on left, Lock right behind left, Step forward on left

## S6: BUMP FWD RLR, SWIVEL, SWIVEL, BUMP FWD LRL, SWIVEL, SWIVEL

1&2            Step forward on right bumping hips forward, Bump hips back, Bump hips forward  
3-4            Swivel body ½ left, Swivel body ½ right  
5&6            Step forward on left bumping hips forward, Bump hips back, Bump hips forward  
7-8            Swivel body ½ right, Swivel body back ½ left

## S7: ¼ L, ROCK BACK SIDE, ROCK BACK WALK, WALK, ANCHOR STEP

1-2&           ¼ left stepping right to right side, Rock back on left, Recover on right [6:00]  
3-4&           Step left to left side, Rock back on right, Recover on left  
5-6            Walk forward on right, Walk forward on left  
7&8            Cross right behind left, Step weight on left, Step back on right

## S8: ½, ½, COASTER & WALK, WALK, STEP LOCK STEP

1-2            ½ left stepping forward on left, ½ left stepping back on right [6:00]  
3&4           Step back on left, Step right next to left, Step forward on left  
&5-6          Step right next to left, Walk forward on left, Walk forward on right  
7&8           Step forward on left, Lock right behind left, Step forward on left

**\*RESTART: Wall 3 after 32 counts [6:00]**

**Dance to end of S4 then step down on left foot (count &) and restart the dance**

**ENDING: Dance up to S4 count 1-5 and replace 6-7-8 with a rolling vine to the left to finish at 12:00**

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